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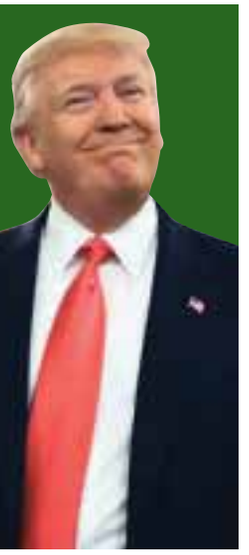

TRUMP'S AMERICA: IT'S A MAD, MAD WORLD

Metro columnist gives his take on the president's recent outbursts. 4

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Jets opt for a slow rebuild. 26-27

FAKE FEDS

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GETTY IMAGES

SCHWARZENEGGER FIRED, DIDN'T QUIT, TRUMP SAYS

1 President Donald Trump disputed Arnold Schwarzenegger's announcement about quitting as host of the reality show "The Celebrity Apprentice," saying that Schwarzenegger was leaving involuntarily after drawing few viewers. Schwarzenegger had announced on Friday that he would not return for a second season of the NBC show. He blamed Trump, an executive producer and former host of the

show, for low ratings, describing the president's involvement as "baggage." Trump sees it differently. "Arnold Schwarzenegger isn't voluntarily leaving the Apprentice, he was fired by his bad [pathetic] ratings, not by me," Trump wrote in a message on his personal Twitter account. "Sad end to great show." REUTERS

TENN. CHICKEN FLOCK HIT BY AVIAN INFLUENZA

2 A strain of bird flu has been detected in a commercial chicken breeder flock in Tennessee's Lincoln County and the 73,500 birds will be culled to prevent the virus from entering the food system, U.S. and state agriculture officials said. The U.S. Department of Agriculture said this represented the first confirmed case of highly pathogenic H7 avian influenza (HPAI) in commercial poultry in the United States this year. The facility has been placed under quarantine, along with approximately 30 other poultry farms within a 6.2-mile radius of the site, the Tennessee state government said. Other flocks in the quarantined area are being tested for the virus, it added. In 2014 and 2015, the United States killed nearly 50 million birds, mostly egg-laying hens, during a bout of HPAI. REUTERS

BARRON'S: SNAP'S STOCK PRICE HARD TO JUSTIFY

3 Snap Inc's share price looks overvalued following a surge in the wake of its much-anticipated initial public offering last week, according to an article in Barron's. Shares of the messaging app company closed at $27.09 on Friday, well above its IPO price of $17 per share set on Wednesday. The owner of Snapchat, an app popular with young people for its disappearing messages, raised $3.4 billion in its IPO.According to the Barron's article, Snap is valued at about 34 times its projected 2017 revenue of $1 billion, based on its enterprise value, while Facebook is valued at 10 times sales. Even if strong growth is assumed, it is hard to justify more than half the current stock price, Barron's said. REUTERS

TRUMP Q&A

5 Standing at a booth constructed just before a Trump rally, supporter Andrew Maxwell of Duvall, Washington, answers questions about President Donald Trump in Olympia, Washington. GETTY IMAGES

US SOCCER PLAYERS MUST STAND FOR ANTHEM

4 The United States Soccer Federation has instituted a policy that requires players on a national team to "stand respectfully" during national anthems, The New York Times and other media reported. The policy was reportedly passed by the federation's board of directors on Feb. 9 but came to light Saturday. The policy, posted on Twitter by former men's national team player Stuart Holden, reads: "All persons representing a Federation national team shall stand respectfully during the playing of the national anthems at any event in which the Federation is represented." U.S. Soccer director of communications Neil Buethe confirmed the policy in an email to The New York Times. The policy comes after U.S. national player Megan Rapinoe knelt during the anthem on two occasions last year. REUTERS

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ERIN TIERNAN, WEB REPORTER

After winning best supporting actress at the Academy Awards last week, Viola Davis was back in the spotlight this week. Find out what she won at **metro.us/entertainment**.

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TRUMP'S AMERICA

IT'S A MAD, MAD WORLD

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican

Trump Tower serves as the headquarters for The Trump Organization and houses the penthouse condominium residence of President Donald Trump. GETTY IMAGES

Is Donald mad — or mad?

Mad as in angry, or mad as in deeply disconnected from the here and now? Not halfway through his first 100 days, there is screaming evidence for both diagnoses.

No doubt the new president is angry. On Friday, just before flying to Mar-a-Lago, a fuming Trump summoned his top aides to the Oval Office. The group included chief strategist Steve Bannon, chief of staff Reince Priebus, daughter Ivanka, son-in-law Jared Kushner, communications director Mike Dubke and press secretary Sean Spicer.

The prez was positively seething that loyal Attorney General Jeff Sessions will no longer head the Justice Department's investigation into Russia's attack on the 2016 election. That made Sessions the second high-ranking Trumpster to get publicly slapped for being too cozy with the dour Russian Ambassador, Sergey Kislyak — and then lying about it.

The week had gotten off to such a cheerful start, Trump grumbled to the assembled aides. The reviews for Tuesday's speech to Congress had been so upbeat — and now this!?

But in the hot glare of Palm Beach, angry-mad soon gave way to the fact-free, certifiable, seeing-things-that-don't-exist kind of mad. Without a crumb of actual evidence, the tweet-happy commander-in-chief accused "Bad [or sick] guy" Barack Obama of tapping the Trump Tower telephones. "Nixon/Watergate," typed the so-called leader of free world. "McCarthyism!" Apparently, he'd been listening to right-wing talk radio or reading Breitbart News again.

Obama's people declared the claim "simply false." And all day yesterday, sane-ish political people on both sides of the aisle were trying to decide: Which was it? Should they be baffled, frightened or stunned?

"The president's in trouble," snorted New York's Chuck Schumer, the Democratic leader of the Senate. Republican Sen. Ben Sasse charged that Trump had just unleashed a "civilization-warping crisis of public trust." A nice turn of phrase! Republican Marco Rubio could only shake his head and roll his eyes. "I've never heard that allegation made before by anybody," the Senate intelligence committee member said.

But hand it to Republican Mike Rogers, former chairman of the House intel committee, for delivering the quote of the day: "He just put another quarter in the conspiracy parking meter," Rogers said of our mad president.

DO YOU AGREE?

Tell us what you think!

@MetroNewYork

White House asks Congress to probe Trump's accusation of Obama wiretap

U.S. President Donald Trump(L, front) is greeted by former U.S. President Barack Obama after delivering his inaugural address during the presidential inauguration ceremony. GETTY IMAGES

The White House asked Congress on Sunday to examine whether the Obama administration abused its investigative authority during the 2016 campaign, as part of an ongoing congressional probe into Russia's influence on the election.

However, FBI Director James Comey asked the Justice Department to reject President Donald Trump's wiretapping claim as false.

Trump alleged, without supporting evidence, that then-President Obama ordered a wiretap of the phones at his campaign headquarters in Trump Tower in New York.

White House spokesman Sean Spicer said Trump and administration officials would have no further comment on the issue until Congress has completed its probe, potentially heading off attempts to get Trump to explain his accusations.

"Reports concerning potentially politically motivated investigations immediately ahead of the 2016 election are very troubling," Spicer said in a statement.

Rep. Devin Nunes, a California Republican and head of the House Intelligence Committee examining possible links between Russia and Trump's campaign, said in a statement Sunday that any possible surveillance on campaign officials would be part of the probe.

Trump made the wiretapping accusation in a series of early morning tweets on Saturday amid expanding scrutiny of his campaign's ties to Russia. An Obama spokesman denied the charge, saying it was "a cardinal rule" that no White House official interfered with independent Justice Department investigations.

A federal court would have to have found probable cause that the target of the surveillance is an "agent of a foreign power" in order to approve a warrant authorizing electronic surveillance of Trump Tower.

"There was no such wiretap activity mounted against the president-elect at the time, or as a candidate or against his campaign," former Director of National Intelligence James Clapper, who left the office at the end of Obama's term, said on NBC's "Meet the Press."

The White House offered no evidence on Sunday to back up Trump's accusation and did not say it was true.

REUTERS

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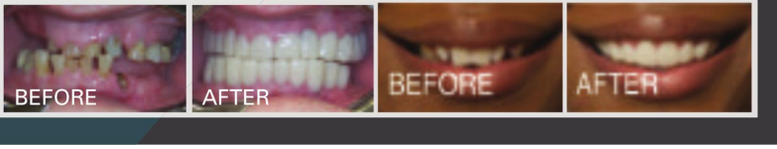

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Scammers posing as ICE agents have targeted immigrants. GETTY IMAGES

Reports of fake ICE agents extorting immigrants put communities on edge

Local law enforcement authorities nationwide are advising immigrants to be aware of scammers preying on their uncertainty.

KRISTIN TOUSSAINT
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Rumors began flying last month around Lynn, Massachusetts, that federal immigration officers were conducting large-scale raids to apprehend undocumented immigrants.

It was late February, after a federal judge had suspended President Donald Trump's travel ban that prohibited immigrants from seven mostly Muslim countries from entering the U.S. In addition to the travel ban, the administration launched an aggressive new action to enforce existing immigration laws.

Trump's crackdown on undocumented immigrants was putting people on edge.

Some residents of Lynn, a working-class, racially diverse city just outside Boston, described being confronted by officers from U.S. Immigration and Customs Enforcement. What was troubling, however, was that these ICE agents had threatened to arrest immigrants unless cash payments were handed over.

Talk around the town of more than 90,000 grew so intense that local police took to Facebook, writing, "There have been NO ICE raids in this city," and adding that if someone posing as a federal agent demands money, it was "a scam."

The continually changing immigration rules have created an uncertainty nationwide on the part of immigrants, with attorneys and advocacy organizations trying to figure out what to do next, and what advice to provide.

Adding to that anxiety are recurring reports of people fraudulently posing as federal immigration agents, hoping to extort money from desperate families trying to avoid deportation. Incidents have most recently been reported in New York City and Massachusetts.

After multiple incidents of that kind of fraud in New York, elected officials, including state Attorney General Eric Schneiderman, have warned immigrants to be aware of scammers.

Authorities in Philadelphia are also on alert.

"Unfortunately, it's a common scam that we've seen over the years," said Adrian Smith, a public affairs officer for the ICE field office there.

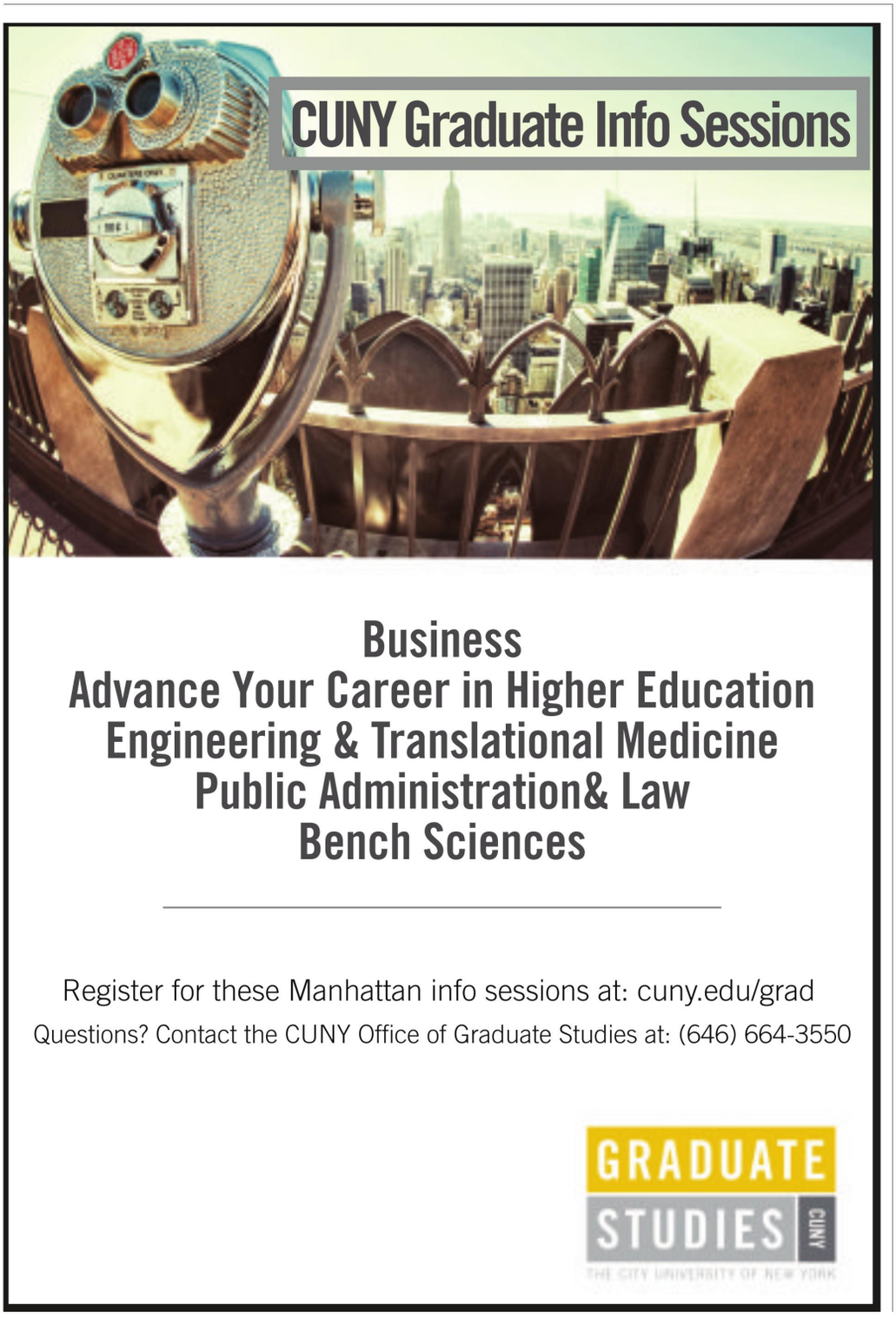
And it appears to still be happening.

On Friday, unconfirmed reports spread online of recent ICE raids in Framingham, Massachusetts, about 30 miles west of Boston. In an interview, Framingham Police Lt. Stephen Cronin said he was not aware of any such incidents.

Immigration officials did not respond to a question about whether any official activity had taken place in the town.

Cronin noted that typically, federal law enforcement agencies would reach out to local police ahead of any enforcement action. They are not required to do so, however. Whether or not federal officials give advance notice, local police can address the issue of a possible scam agent approaching residents, the lieutenant said.

For more information about fake ICE agents, visit metro.us.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- Bonus value is adjusted to 5% for purchases of $5.50 or more
- The 7-Day Unlimited Ride MetroCard increases from $31 to $32
- The 30-Day Unlimited Ride MetroCard increases from $116.50 to $121
- The Single Ride Ticket stays at $3
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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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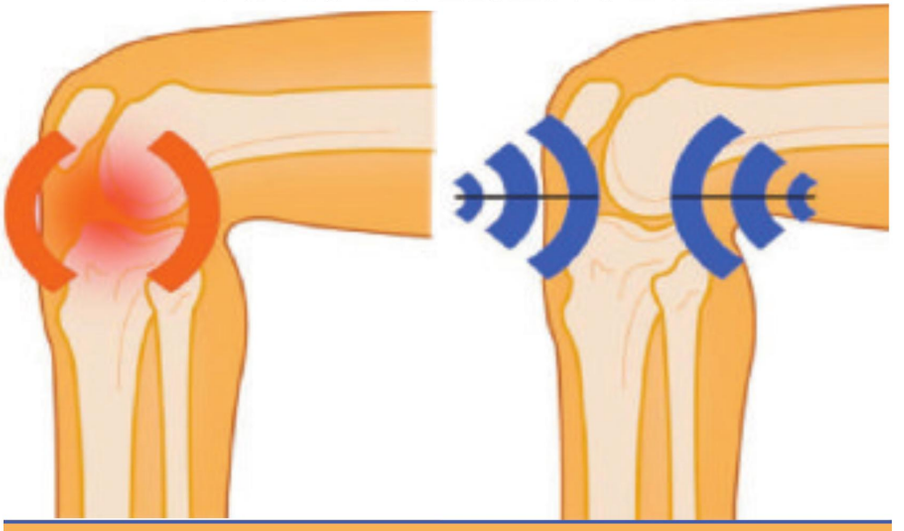
Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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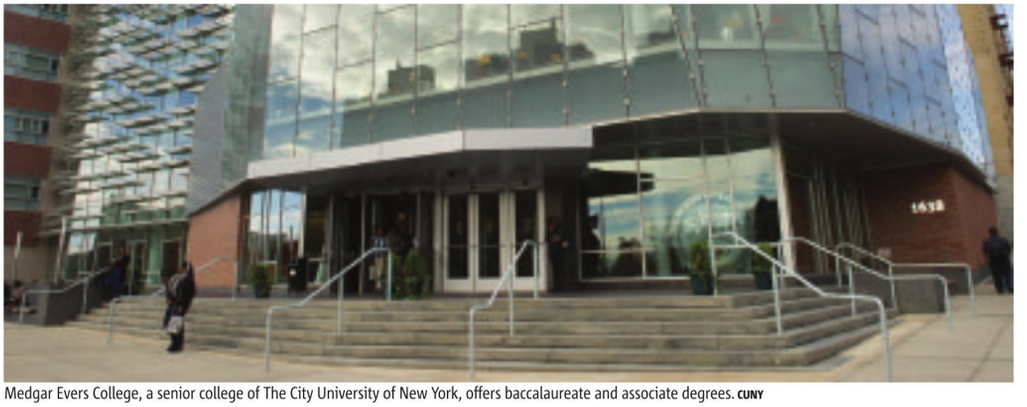

Medgar Evers College, a senior college of The City University of New York, offers baccalaureate and associate degrees. CUNY

CUNY initiative aims to help youths from foster care families succeed in college

The program has enrolled 90 students into college.

LAURA BARCELLA
@MetroNewYork
letters@metro.us

Pauloma Williams wasn't sure what to expect when she first moved to New York City from Guyana as a teenager in 2014.

"It was stressful at first, learning a whole new system," she recalled.

Adjusting to a new home environment was also a challenge. Though she lived with her father in Brooklyn at first, by 2016 Williams found herself in foster care through Graham Windham, an ACS (Administration for Children's Services) foster care agency. (Her cousin later became her foster parent.)

As a high school student at the Brooklyn Academy of Science and the Environment, Williams knew she wanted to go to college. She took note of CUNY's Medgar Evers College as she regularly walked past on her way to school. "It was my dream college," she said.

Now a 19-year-old full-time student at Medgar Evers, Williams is fulfilling her high-school goal. She's enrolled at the college as part of CUNY's innovative Start/ASAP Foster Care Initiative, a program funded by the Conrad N. Hilton Foundation to help young people like Williams pursue associate's degrees at one of CUNY's colleges. Partnering with NYC foster agencies and local community organizations, the Initiative offers tuition assistance, weekly MetroCards, paid on-campus internships, and advisory guidance to foster-care students aged 17-21.

Students with remedial needs begin in CUNY's intensive pre-college Start program before matriculating into the full-time ASAP program, an accelerated course that aims to help students obtain their associate's degrees within three years.

"Our [primary] hope is to help them reach graduation," explained Mia Simon, CUNY Start's university director, who also noted the CUNY program is now being emulated by various schools across the country. Since launching with 25 students last spring, the Foster Care Initiative now has about 90 students enrolled, and is striving to serve at least 100 this year.

The program is working, at least for Pauloma Williams. Though she remembered being "so shy" upon arriving in America, she's currently enrolled in four classes and doing a paid social media internship. She plans to pursue Nursing as her "Plan A," or case work as a back-up path.

The only thing she has yet to fully conquer? "My professors have told me to participate more."

She's working on it.

"Our [primary] hope is to help them reach graduation."

Mia Simon

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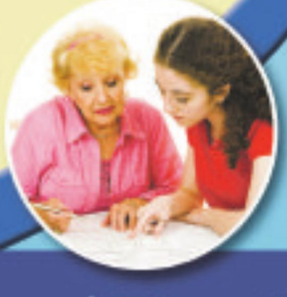

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Toppled tombstones in Brooklyn not part of rash of anti-Semitic vandalism

Investigators say the damage was likely caused by soil erosion and wind.

AMANDA MIKELBERG
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A police investigation Sunday into the displacement of 42 tombstones at a primarily Jewish cemetery in Brooklyn, earlier suspected to be an act of anti-Semitic vandalism, found the cause to be unintentional, police said.

The NYPD hate crime task force inspected the grounds at the Washington Cemetery near Midwood, after an initial count of five gravestones were discovered knocked down late Saturday night. It was later reported that as many as 42 gravestones were found toppled.

High winds, eroded soil and neglect were cited as the probable causes.

"It definitely was not vandalism," Marisa Tarantino, general manager of the Washington Cemetery insisted to the Daily News.

"The older sections, as the stones wear, they do fall over or are unstable," she continued. "What we do is we lay them across the grave to keep them memorialized rather than taking [them] away."

The puzzling disturbance coincides with a wave of anti-Semitic vandalism targeting burial sights.

In the past two weeks, vandalism at Jewish cemeteries was reported in Rochester, where more than a dozen headstones were knocked down, in Philadelphia, where 100 were vandalized and St. Louis, Missouri, where about 170 headstones were vandalized.

Several New York officials called for a further investigation of the downed gravestones in Brooklyn, pointing out what they believe are telltale signs that some of the stones were purposely tipped over and that the cemetery fence had been compromised.

Standing outside of the cemetery Sunday, state Assemblyman Dov Hovkind, City Councilman Dan Greenfield and City Comptroller Scott Stringer raised questions about the damage.

"Some of the tombstones are obviously 100 years old," Greenfield said. "Others are newer tombstones … you don't have to be a forensic scientist to see that they were very clearly knocked down."

Stringer said that while he hopes that it was not an act of anti-Semitism, such reports must be properly consid-

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Members of the Jewish community inspect toppled headstones at Washington Cemetery in the Brooklyn. GETTY IMAGES

ered in light of the rise in hate crimes.

"Anti-Semitism is on the rise in this country and in New York City," he said. "When we hear tombstones falling, it is our obligation to come and find out what's going on."

Since the beginning of 2017, there have been approximately 122 bomb threats made to Jewish organizations across three dozen states, along with many reports of anti-Semitic graffiti, verbal abuse and assaults in New York and across the country.

Despite coincidental timing, New York police are no longer investigating the incident as a crime.

"After conferring with the manager of the cemetery, it was determined that it was not vandalism, and that the toppled tombstones were probably caused by some neglect, maintenance or environmental factors," police told Metro.

The New York City Department of Health and Mental Hygiene's Children with Special Health Care Needs (CSHCN) program provides resources, referrals and other services to New York City youth up to age 21 that have been diagnosed with a chronic health condition or disability and are in need of extra health coverage and support.

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According to a 2016 report by the U.S. Department of Housing and Urban Development, Los Angeles has the highest number of homeless people in the nation with close to 13,000 living on the streets. GETTY IMAGES

New budget priorities threaten housing aid programs

HUD provides about five million Americans with some form of housing assistance, either through vouchers to renters, subsidies to landlords or public housing projects, which comprises about 85 percent of its budget.

When Paul Ryan, speaker of the U.S. House of Representatives, talks of social mobility, about helping struggling Americans move out of impoverished areas to give them greater opportunity, Shiva Daniels is the kind of person he has in mind.

A federal housing voucher allowed Daniels to escape her crime-plagued neighborhood in Dallas, Texas, and move her four children to the suburb of Garland.

That move helped Daniels find a good job, working for a property management company. Today, she cherishes the small, two-bedroom house she rents, with a yard where her children can safely play, away from drugs and gang violence in Dallas.

But if Daniels, 31, were to lose the $1,082 monthly stipend she receives, she has no doubt what would happen. "I would have to move back," she said. "I wouldn't be able to afford it."

Pulling Americans out of poverty is a subject close to Ryan's heart. And President Donald Trump has frequently talked about aiding the inner cities.

But the housing assistance provided by the U.S. Department of Housing and Urban Development, or HUD, could fall victim to fiscal policies under consideration by the White House and Congress, which include a massive tax cut and increased military spending, according to a dozen congressional aides who spoke to Reuters.

While the White House has not been specific about its plans for HUD — the budget process remains in flux — it has called for a $54 billion cut in non-military discretionary domestic programs in the next fiscal year, which likely will dramatically impact safety-net programs that are not entitlements such as Medicare and Social Security, budget experts said.

Altogether, housing advocates paint a bleak picture of the landscape for low-income housing under the Trump administration. They warn that deep cuts to housing funds would force some people out of their homes and hollow out grant programs meant to revitalize urban neighborhoods.

There is also a ripple effect, they warn: Rental prices would likely rise alongside declines in affordable housing projects and vouchers available to renters. That would make it tougher for renters to save enough to eventually buy homes. REUTERS

"It's a bad cycle," said Carol Galante. ... It puts pressure on the rental market. The rents are higher and higher so people can save less and less."

Carol Galante, former HUD official during the Obama administration

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THE FOREMAN FORECAST: DIVISION IN THE REPUBLICAN RANKS

TOM FOREMAN
Opinion

With the Democrats currently like aging housecats (loss of hiss, no teeth — at least in political terms) all eyes are turning to the growing rift within the Republican party. That's what leads off my three things to watch this week.

1. REPEAL AND … OH, WAIT A MINUTE
Despite months (heck, years) of hollering about scrapping Obamacare, the GOPers are in a bind. Sharp differences have emerged between those who want the whole thing trashed fast, and those who feel it will be a risky move unless the replacement plan is already in place. And, btw, what is the plan? This is the biggest fight in D.C. right now and the most important, because controlling Congress and the White House is valuable only if your party stays united, and the Repubs are wildly splintered on this issue. This is the week they'd better get on the same page or I predict an avalanche of complaints from across the political spectrum.

2. RUSSIAN TO JUDGMENT
Way back in 2015 (before politics went entirely loopy), Donald Trump made an offhand comment about how he could get along with Russian President Vladimir Putin. No one thought much of it, but now amid a torrent of headlines about members of his administration sharing tea and biscuits with the Russians, it's a problem. There is no evidence yet anyone broke a law, but with investigations underway this is a genuine threat to the credibility of the Trump team. So watch for lots of strong denials, deflections and efforts to point out any Dems who also might have links — no matter how tenuous — to Moscow.

3. CALL IN THE STUNT MAN!
This past week everyone in D.C. seemed to be staging stunts to make a point. Sen. Rand Paul launched a "hunt" for the Obamacare replacement bill, Minority Leader Nancy Pelosi pitched in with a tweeted picture of some tracking dogs, and Democratic Whip Steny Hoyer posting video of himself talking to a statue of Lincoln. Don't ask. They all seem to think it is working so watch for more this week unless sanity returns and they realize they are not YouTube stars. Which is unlikely.

BRIEF

Sikh, told to leave country, shot in Washington state
A Sikh man was shot and wounded in Washington state by an attacker who approached him in his driveway and told him to leave the country, police and media reported on Saturday.

The shooting, on Friday night in the city of Kent about 15 miles south of Seattle, followed a number of other attacks on Sikhs in the United States over a period of more than a decade.

Hate crime-tracking groups say assailants have occasionally mistaken Sikhs for Muslims, who have also been victimized in religiously motivated crimes.

The Sikh man was working on his car in the driveway of his home when he was shot in the arm, according to Seattle television station KIRO 7, which spoke to a woman who knows the victim and saw him after he was struck by the bullet.

"Some comments were made to the effect of 'get out of our country, go back to where you're from,' and our victim was then shot," Kent Police Chief Ken Thomas said at a news conference.

"To think that this could happen in our community was very surprising and extremely disappointing," Thomas said. REUTERS

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171-48 119TH ROAD	1,655	$46,206 - $72,480	$275,000	$158,580	80-44 162ND STREET	1,296	$73,386 - $99,660	$350,000	$158,580
168-32 119TH AVENUE	1,260	$46,206 - $72,480	$275,000	$158,580	223-19 111TH AVENUE	1,110	$73,386 - $99,660	$350,000	$158,580
168-31 118TH ROAD	1,440	$46,206 - $72,480	$250,000	$158,580	190-17 115TH DRIVE	1,531	$73,386 - $99,660	$400,000	$158,580
144-41 158TH STREET	1,148	$46,206 - $72,480	$285,000	$158,580	118-19 190TH STREET	1,312	$73,386 - $99,660	$350,000	$158,580
171-15 144TH AVENUE	1,336	$46,206 - $72,480	$280,000	$158,580	186-20 FOCH BOULEVARD	1,156	$73,386 - $99,660	$375,000	$158,580
222-33 143RD ROAD	1,162	$46,206 - $72,480	$275,000	$158,580	177-48 BAISLEY BOULEVARD	1,608	$73,386 - $99,660	$350,000	$158,580
197-18 116TH AVENUE	1,152	$46,206 - $72,480	$285,000	$158,580	177-19 120TH AVENUE	1,788	$73,386 - $99,660	$350,000	$158,580
117-27 204TH STREET	1,140	$46,206 - $72,480	$275,000	$158,580	89-55 208TH STREET	1,476	$73,386 - $108,720	$435,000	$158,580
198-14 119TH AVENUE	1,063	$46,206 - $72,480	$275,000	$158,580					

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Informational sessions will be held on: Monday, March 13, 2017 at 6 – 8 PM at York College, 94-20 Guy R Brewer Blvd, Jamaica, NY 11451 and **Saturday, April 08, 2017 at 12:30 – 5pm at PS 69, 77-02 37 Avenue, Jackson Heights, NY 11372.**

Seminar attendance is not mandatory to purchase a home.

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Muslim students asked, 'Do you beat your wife?' by Okla. lawmaker

The two-page form from Republican state Representative John Bennett's office, which was shared by the Council on American-Islamic Relations (CAIR), also asked whether they believed an adherent to Islam should be punished for leaving the faith and if Muslims should rule over non-Muslims.

Muslim students visiting an Oklahoma lawmaker's office in the state capitol were required to fill out a form that asked if they beat their wives and other questions that offended them, an Islamic advocacy group said.

A staff member at Bennett's handed the form to Muslim students who visited his office on Thursday seeking to meet with him, said Adam Soltani, the executive director of the Oklahoma chapter of CAIR. It was presented as a requirement before they could meet Bennett, Soltani said.

The students were at the capitol in Oklahoma City for an annual Muslim Day event organized by CAIR to introduce members of the community to their state lawmakers and encourage democratic engagement, Soltani said by phone on Saturday.

Bennett confirmed to the Tulsa World newspaper in an email that three Muslim students visiting his office on Thursday as part of Muslim Day activities at the state capitol were handed tracts that, among other things, asked "Do you beat your wife?"

The lawmaker said that Islamic law and the Koran permit Muslims to beat their wives, though "this certainly does not mean that all Muslim men beat their wives," he wrote in the email, according to the newspaper.

Bennett and the state Republican party did not respond to repeated requests for comment.

The students who visited the office of the former U.S. Marine were told he was away and they never did talk to the lawmaker, Soltani said.

"What's most inflammatory is the questions itself, the fact that Muslims have to pass a religious test in order to see a representative of our state, surely he does not do this to Christian constituents or Jewish constituents," Soltani said.

This is not the first time Bennett has faced criticism for his statements against Islam.

In a speech in 2014, the lawmaker said he had read the Koran and the Prophet Mohammad's sayings and that "90 percent of it is violence."

He acknowledged facing rebukes over his positions on the religion and being called an Islamophobe.

"If I'm an Islamophobe speaking the truth about Islam then you're absolutely right," he said at the speech, according to video from the Tulsa World newspaper.

The heading on the questionnaire said it was from an Oklahoma chapter of ACT for America, a national organization which the Southern Poverty Law Center calls the largest grassroots anti-Muslim group in the United States.

A representative for the Oklahoma chapter of the group did not return an email seeking comment. REUTERS

Etheridge sings the anthem

Melissa Etheridge sings the national anthem before the game between the New York Knicks and the Golden State Warriors at Madison Square Garden on Sunday. GETTY IMAGES

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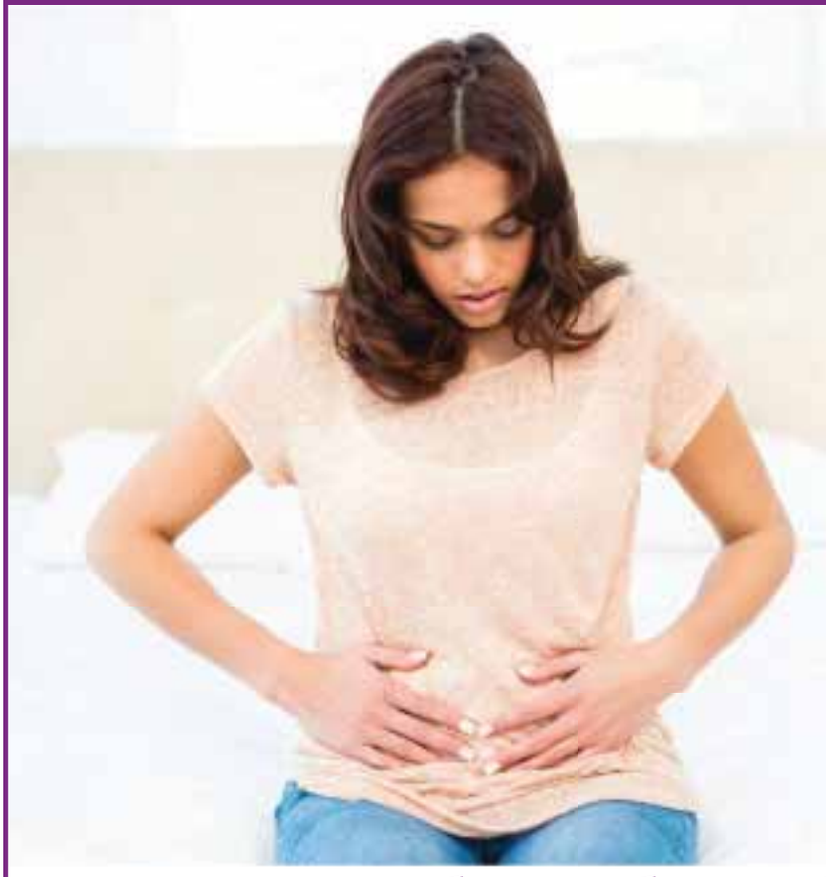

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the word

RACHAEL CLEMMONS
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Are Amber Heard and Elon Musk a thing now?

It sounds like Amber Heard has a new older man in her life. According to Us Weekly, the actress who almost made the first "Magic Mike" movie unbearable is maybe dating Elon Musk.

The two reportedly attended a VIP screening of Al Gore's "An Inconvenient Truth Sequel: Truth to Power," together. If you can think of anything more romantic than watching a film about the disastrous effects of global warming and how we're all gonna die, please let me know.

A source tells Us Weekly that the two hang out and "casually see each other whenever time permits." And that is basically the definition of friends with benefits, so that's that.

Musk, 45, and Heard, 30, are both very recently divorced. Musk — a billionaire entrepreneur — split from wife Talulah Riley last year. Heard, of course, was embroiled in a horrible divorce battle with her ex-husband Johnny Depp, a humanoid chiefly composed of pinstripes, questionable facial hair, and slept-in eyeliner.

Can't wait to see what other romantic dates these two cook up.

Justin Timberlake throws wifey birthday bash

INSTAGRAM/@JUSTINTIMBERLAKE

Justin Timberlake threw his wife Jessica Biel an epic birthday party. And since neither of them are quite sure that you're paying them enough attention, they posted about it numerously on Instagram.

The couple posed in matching shirts that read "Make America Skate Again," because the best way to show people you really love someone is to get shirts created that make light of the precarious political situation happening in your country. So clever!

Timberlake, 36, also shared a video of himself skating in slow-motion, writing "When you throw a roller skating Bday party for your wife but you can't figure out how to wear your hat..." If you can't make your wife's birthday about yourself, why are you even married, you know?

Biel, 35, wrote on her Instagram to thank her husband for the birthday of her dreams. "I love you to the moon and back. And then back again." So yeah, I mean she's clearly into Timberlake's tomfoolery.

Nicki and Azealia practically naked at PFW

Nicki Minaj is at Paris Fashion Week. So is Azealia Banks. And they are both just letting it all hang out. And by "it," I mean their left breast, and entire ass, respectively.

At least Nicki is giving Lil' Kim a solid tribute. You know, the classic single boob covered by a delicately placed pasty. She's giving me empowered, futuristic sex slave and it's hideous.

But Azealia's look is even worse. Her denim shorts are so beyond deconstructed that in the back, her entire behind is exposed — We are this close to seeing this woman's ovaries.

Both of the rappers are very busy outside of PFW. Minaj, 34, is mostly in a feud with Remy Ma right now. Banks, 25, practices witchcraft and spends most of her time trolling people more famous than her on social media platforms, until she gets kicked off of them.

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New comedy game show will make you sexually woke

We learned so much at "Sex! With Your Mom."

KATE MOONEY
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I'm a grown-ass woman who's been having sex for 14 years (yes, I added it up for funsies) but it turns out there's plenty I don't know about the ins-and-outs of the proverbial in-and-out. Recently, I got schooled and entertained at a new comedy show called "Sex! With Your Mom."

The "adult sex-ed game show" is hosted by two sexperts: comedian Natalie Wall — who, as the creator of the storytelling show "Awkward Sex and the City," has heard and told countless tales of mortifying sexual encounters — and Emily Owens, a New York City high school health teacher who moonlights as a consultant for adult-sex-toy company Pure Romance.

The second rendition of the show — the debut was held at the Duplex Cabaret Theatre — took place at Friends & Lovers Bar in Crown Heights. Three contestants took to the stage to answer sexual trivia questions posed by Wall and Owens, with the winner taking home a gift card to Manhattan sex shop The Pleasure Chest. Bobby Hankinson (host of LGBTQ comedy show "Kweendom") made a cameo in a vagina suit and hot-pink heels.

Co-host Natalie Wall, left, at "Sex! With Your Mom" debut at Duplex Theatre. PROVIDED

PROVIDED

Wall says she got the idea for the show when a storyteller on "Awkward Sex and the City" incorrectly referred to her female anatomy while recounting a sex anecdote. "She said, 'He put his penis in my uretha' and I was like, 'Nooo, not at all,'" Wall remembers. "I realized how none of us know nothing anything and thought this would be a really fun show and an easy way to get the information out there and make it less intimidating"

Here's what I learned:

The clitoris is actually shaped like a wishbone

I knew there was more to the clitoris than the pea-size tip we can see, but I didn't realize the extent of the shape it takes internally. Beginning with the glans, the sex organ continues with two "legs," called crura, which wrap around the vaginal canal in a V-shape on both sides, as though giving it a hug. Who knew the clitoris was so cozy!

Eighty-five percent of women don't achieve orgasm from intercourse alone

I feel this to be true on a personal level, but it's helpful to put a number on it. The majority of women require additional stimulation of the clitoris and/or G-spot to climax.

Fun facts about boobs

A single breast weighs half a pound per cup size: An A-cup boob, half a pound, a B cup, 1 lb., and so on. Another tidbit: 90 percent of women have irregularly shaped breasts. So you're not alone if you've ever felt like one boob was doing its own thing from the other.

Five in 1,000 men are born with an irregularly placed urethra

Normally the urethra, or pee hole, as it were, is located on the tip of the penis. But in cases of hypospadias, males are born with it located on the underside of the penis, a little to the left of the tip or even as far down as where the penis meets the scrotum. I have never noticed this, but I will keep an eye out from now on!

What "intersex" means

The Intersex Society of North America defines it as "a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male." It's essentially a more accurate descriptor for what was once referred to as hermaphroditism.

Thanks to my new sex moms, I am now on the path to becoming more sexually woke, and damn, it feels good.

Give these ladies a superhero movie

Anne Heche and Sandra Oh talk about beating the crap out of each other in "Catfight."

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Anne Heche and Sandra Oh play a painter and a trophy wife who find themselves periodically getting into epic scrapes over the years in "Catfight." **DARK SKY FILMS**

If you don't think the idea of a big comic book movie with Sandra Oh and Anne Heche beating up supervillains is a great movie idea, then you haven't seen "Catfight." The two acclaimed actresses go at it three separate times in the indie comedy. They coldcock each other in the face. They do body slams. They bust out sleeper moves. By the end the "Grey's Anatomy" and "Hung" alumnae have transformed into bloody, exhausted, feral messes.

"I want us to be superheroes," Heche says, laughing. "I want someone to come after us and put us in a hot, big-budget movie where we're pounding on other people, and not ourselves."

In "Catfight," Oh plays Veronica, a SoHo trophy wife who runs into Heche's Ashley, a struggling abstract painter. Neither are very happy with their lives, and what starts out as a mild tiff explodes into a knock-down, drag-out fight. It was a first for both Oh and Heche.

"The most important thing in the world to me was being nervous that I would accidentally punch Sandra Oh out," Heche recalls. "Fortunately, I didn't. We got hurt, we got beat up, we put everything into our fights. But neither one of us hurt the other."

There was another uphill battle to fight, though.

"This is a very tiny film," Oh says. "We had no rehearsal and no budget. It's not the kind of thing where you say, 'Oooh, Matt Damon trained for six months to be Jason Bourne, that's awesome!' We did not have that."

"We had our morning coffee and then started punching each other," Heche adds.

Anne Heche and Sandra Oh
GETTY IMAGES

The film's very title conjures up less-enlightened times — an era of grindhouse exploitation cheapies in which women beat the crap out of each other for the enjoyment of a male audience. The smackdowns in "Catfight" don't feel like they're only there for dudes.

"There's a lot of energy here that you don't get to see women express so physically in films," Oh says.

The film — written and directed by a man, Onur Tukel, as it were — offers far more than Oh-Heche beatdowns. In between their three fights, we follow them on their separate lives, which often involve hilariously over-the-top tragedies. For example, after their first fight, Veronica is knocked into a coma. She awakens two years later to find her husband and son have died and her riches have dwindled.

There's a tricky tone afoot here: We're supposed to find this both sad and darkly funny. "The tragedy is the comedy," Heche explains. "We're talking about death and loss and relationships and sorrow, but somehow, because it goes too far, we have to laugh. It's so wrong, but it's so right."

The Donald

"Catfight" also proved to be a timely film, if somewhat by accident. The movie opens with a new, unpredictable lunatic assuming the presidency, who leads America into another war in the Middle East. When it jumps forward again, we find that he's reinstated the draft and ended universal health care. Hopefully it's not too prescient.

"We shot this in 2015, and here we are. The things that [Tukel] wrote that were so outrageous or absurd are not so absurd now," says Oh. "But that's what we do as artists: We see into the future as much as we can and make stories about them to warn ourselves."

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SARA FEINSTEIN
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Let's face it, coding isn't just for the super-nerds anymore. In fact, it's become the most in-demand skill across industries.

But not everyone can afford to pay, let alone make time, for in-person classes.

Here are five you could take free, and on your own schedule:

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Taught by four instructors from Harvard University, this entry-level course provides learners with a broad and robust understanding of computer science and programming. Students will be introduced to the topics of abstraction, software engineering, data structures and web development, to name a few, and become familiar with a number of languages including C, Python, SQL, JavaScript, CSS and HTML.

Coding Mobile Apps for Entrepreneurs

This course will explain how to create fully functional apps for all major mobile platforms and distribute them on the Play Store, Apple's App Store and the Windows Store. The material will also cover the basics of coding, which will enable students to create richer apps with more functions, like storing text and data on the phone and connecting to the internet. The best part: No prior coding knowledge is required.

Introduction to Interactive Programming in Python

Designed to help students with very little or no computing background, this class will go through the basics of building simple interactive applications using Python. Learners will be introduced to the basic elements of programming (such as expressions, conditionals and functions) and then use these elements to create applications such as a digital stopwatch. To top it all off, at the end of the course, students will build their own version of the classic arcade game "Pong."

Introduction to HTML and JavaScript

Students will gain experience with both HTML and JavaScript separately, and then combine them to create web applications with a strong structure, reusable style components and custom interactive features. Throughout the course they will learn basic HTML markup, advanced HTML components and elements, basic CSS style definitions and basic JavaScript programming. Students will also take part in hands-on labs that will enable them to build basic HTML pages.

How to Code: Systematic Program Design

With a focus on simple data, students will learn a systematic programming method so they can program in any language. They'll also learn how to produce programs with consistent structure that are easy to modify later, and how to make programs more reliable by building tests into the process. At the end of the course, they will design a simple interactive program and complete a final project in the form of an interactive game.

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Being a woman may be your greatest strength and competitive advantage. ISTOCK

Why women outperform men in the workplace

Being a women at work may actually be your biggest advantage, thanks to these two traits.

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Have a job opening? You should hire a woman — she might perform better.

There are studies to prove it. Research shows that women possess a group of traits that make them better investors, decision makers and overall leaders, explains Sallie Krawcheck, CEO of Ellevest, a digital investment platform that aims to make more women financial players.

While many women fear their gender may be a liability in the job market, the truth is, it's really an asset.

We spoke with Krawcheck about how women can take their careers to the next level by playing with a new set of rules that build on their own natural strengths.

A healthy dose of risk-awareness

If the stock-market crash of 2008 — spurred by excessive risk-taking of the male-dominated Wall Street — isn't a strong-enough example, there are numerous studies that show that women are inherently more cautious than men, says Krawcheck. It's why women tend to be better investors than men, and why companies with female chief financial officers are less likely to make value-destroying purchases, she explains, because they make sure to fully flesh out all positions and discuss the potential downsides before making a final decision. A woman might say, "Let's not do that acquisition because it's in another country where we have no experience. Let's think through that risk, rather than, 'Hey—let's go.'" So what can women's risk awareness offer to businesses? More transparency, better decision-making and, overall, fewer mistakes, says Krawcheck.

Ability to see the big picture

While men tend to make quicker decisions on average, women make slower but more effective decisions, says Krawcheck. She uses an analogy of a husband and wife at a restaurant: The man orders upon his first glance at the menu, while the woman studies the page like an aspiring lawyer preparing for the bar exam. But that's only because she's juggling the complexity of her options, weighing pros and cons so she can make the best overall choice. And while it may be characterized as "slowness," this holistic view is now more valuable than ever, she says. "Whereas information was scarce historically, information is abundant today, and so taking into account more factors when making decisions and keeping up with complexity are a value in the changing workplace."

For more traits, visit **metro.us**

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Jets finally saying no to a quick fix

Mike Maccagnan will look to build this thing slowly, but surely.

TONY WILLIAMS
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sports@metro.us

The Jets have cut ties with Brandon Marshall. GETTY IMAGES

The Jets franchise has had more reboots than the "Spider-Man" movie series, so it's no surprise that Gang Green is currently caught in a web of rebuild.

General manager Mike Maccagnan has Jets' fans in that familiar feeling of starting over — this after a disastrous 5-11 campaign that saw the end of valued players like center Nick Mangold, cornerback Darrelle Revis, and wideout Brandon Marshall.

No more quick fixes by the Jets, as Maccagnan, Bowles and the team's brain trust have all but resigned themselves to shedding themselves of high-priced vets who aren't a realistic piece of the long-term puzzle and will now let more of their youth serve.

The jettisoning of the aforementioned trio will reportedly save the Jets around $46 million in cap space, which as it stands, leaves them with about $33 million in available room to use in free agency this week.

Credit goes to Maccagnan and Bowles for not trying to patch up this sinking ship with duct tape and glue, as they realize there are far too many holes. What worked in 2015, when the team had a good and fun ride en route to a 10-6 mark and just missing the playoffs, did not work last season.

Quarterback Ryan Fitzpatrick was a great pickup by Gang Green in 2015 when he was traded by the Houston Texans for a late-round conditional draft pick. The move proved to be beneficial for all parties, as it reunited the quarterback with his former head coach Chan Gailey, who was also brought in during the offseason as the Jets offensive coordinator and play-caller. Fitzpatrick then went on to have the most successful season of his journeyman career (3,905 yards and 31 touchdowns). This past season was a complete 180-degree turn for him, however, as he and the Jets started the season 1-5 and never recovered.

Fitzpatrick, a free agent, has almost certainly played his last game as a Jet. As of right now, his successors are Bryce Petty and Christian Hackenberg, who are both still under their rookie deals. Neither evokes confidence from Jets Nation, though, so look for a veteran to certainly be added to the mix.

Mangold, 33, who spent his entire 11-year career in green and white, will be replaced by a younger, cheaper option in Wesley Johnson, who filled in rather well while Mangold missed eight games with an ankle injury.

Revis struggled all season, as his Hall-of-Fame worthy skill set eroded almost overnight. He finished the season with just one interception and was victimized by younger, faster wideouts on big passing plays throughout the campaign. New York currently lacks a cornerback with Revis's cachet on its roster, but he didn't offer much of anything in production, so an upgrade at his spot is needed.

The wideout position was in flux, even when Marshall was in the lineup. But with the well-traveled receiver now out of the picture, Maccagnan will have to trust his scouting department and his draft acumen and see what the younger guys can offer. Eric Decker, 29, is coming off an injury-plagued 2016 where he was placed on season-ending injured reserve in October with a bum shoulder. Decker, who turns 30 on March 15, also had offseason hip surgery. And while Maccagnan noted that he "anticipates him [Decker] being ready for the start of the season," it remains to be seen if the wideout is truly part of the team's plans. Decker has two years remaining on a five-year, $36.25 million deal that he signed with the Jets in 2014. He has an $8.75 million salary cap figure in 2017, but a release would create $5.75 million in cap space. A release would also carry a hit of $3 million in dead money, so he may be safe for now.

Decker would be the only wideout over 25 years old on the roster, so even with him still on the team, there will be a youth movement in the corps. And if he is released, it'll be up to a group of promising prospects like Quincy Enunwa, Robby Anderson, Charone Peake, Devin Smith, and Jalin Marshall to grow together and carry the torch.

It appears there won't be any more quick fixes by the Maccagnan and the Jets, so Jets' fans should brace themselves for a bumpy ride, with hopes of an eventual smooth landing.

Eric Decker GETTY IMAGES

Gang Green notes:

Decker is scheduled to have a $9 million cap number in 2018. If the Jets cut him, they'd free up $7.5 million in cap space, with $1.5 million in dead money attached to the transaction.

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Yankees, Mets spring training notebook

Yankees farm system is strong and Duda returns to Mets.

ROBERT CRISCOLA
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News and notes from the Mets' and Yankees' spring training camps in Florida.

Duda's a hit in return to lineup

Lucas Duda went 1-for-2 with a two-run double in Friday's 11-3 victory over the Astros before being removed in the fifth inning. The 30-year-old first baseman missed the majority of last season with back issues and had cortisone shots in both hips last week, but showed no ill effects in Friday's tilt.

"Healthwise I'm right where I need to be and that is the most important thing," Duda told reporters afterwards. "I haven't seen live pitching in quite some time, but it will take a little bit to get back and I'm looking forward to it."

Terry Collins plans to give Duda some starts at DH this month in order to see more live pitching, but wants his star slugger to scale back at practice.

"The one thing he has cut back on…the practice reps," Collins told reporters. "If we keep him out there and keep him solid and keep him strong, that potential off the bat is off the charts."

Gsellman has inside track to fifth starter spot

According to Matt Ehalt of the Bergen Record, Robert Gsellman is expected to be the fifth man in the Mets' rotation when the regular season begins, while Zack Wheeler is expected to remain in extended Spring Training this April.

Gsellman pitched 44.2 innings in 2016 and went 4-2 with a 2.42 ERA, emerging as one of Mets' more promising prospects at any position. Gsellman's first outing of the spring came on Thursday and he blanked the Marlins for two innings while surrendering a hit and a walk.

Wheeler is making strides while attempting to return from Tommy John surgery, which has kept him from pitching since 2014. He will reportedly be kept on a strict innings limit if and when he makes the major league roster.

Lucas Duda returned to the Mets lineup last Friday. GETTY IMAGES

Judge rules

Aaron Judge had two hits on Friday to boost his average through spring training to .429 (6-for-14). Joe Girardi credits a "minor adjustment" to Judge's quick start to the exhibition season. Most importantly, Judge has struck out only twice in those 14 at-bats. Striking out was a serious problem for Judge last season, as he fanned in half of his first 84 at-bats in the majors.

Yankees' farm system flourishing

Per MLB.com, the Yankees have the second-best farm system in baseball, trailing only the Atlanta Braves. The Yankees acquired their number one (Gleyber Torres), two (Clint Frazier) and seven (Justus Sheffield) prospects at the July trade deadline. They also appear to have drafted very well in the first round of late, taking Blake Rutherford (third overall prospect), Aaron Judge (fourth), and James Kaprielian (sixth). Many of these names are expected to make an impact this season as the Yankees' youth movement continues.

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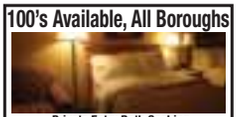

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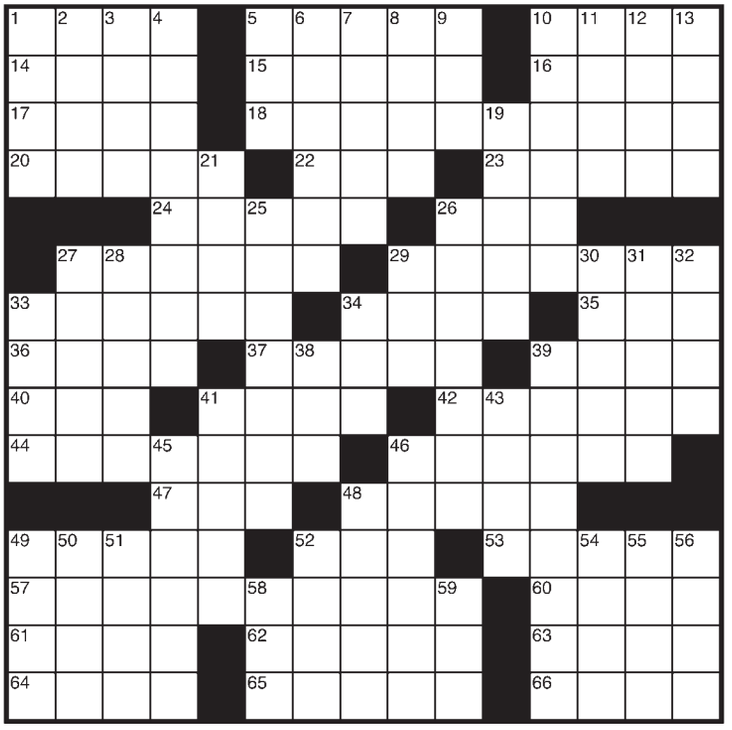
Across

1 Sir -- Guinness
5 Furnishings
10 Calendar abbr.
14 Go it alone
15 In reserve
16 Stand up
17 Lose interest
18 Acted up
20 Refine, as copper
22 French article
23 States positively
24 Freeway cloggers
26 Bronze or Iron
27 Passive restraint device
29 Different
33 Sewing kit item
34 -- Khayyam
35 PBS funder
36 Weeded
37 Of the Arctic
39 Baby seals
40 Charged particle
41 Fashion
42 Pierre's sweetheart
44 Hospital-clean
46 Reprimands
47 Lime cooler
48 Fiddled idly
49 Threw
52 -- you sure?
53 Marble blocks
57 "Murder in the Cathedral" setting
60 Shah's land
61 Candy striper
62 Sibling's daughter
63 Ricci of fashion
64 Marched along
65 Sprinkle
66 Breathe hard

Down

1 Copperhead's relatives
2 Garden soil
3 "Vogue" rival
4 Nabbed
5 Equine mother
6 Play wrap-up (var.)
7 Packing crates
8 Poet's eyes
9 Hwy.
10 Globetrot
11 Honey factory
12 Software purchaser
13 Ohio baseball team
19 Snert's master
21 Brass instrument
25 Young frog
26 Mayhem
27 Not give -- --
28 Papas or Dunne
29 Ms. Thurman
30 Toughen up
31 French Legion headgear
32 Relieve tension
33 Not that
34 Pamplona shout
38 Kind of poem
39 Selling
41 Gnat
43 Gets a move on
45 Carried on
46 Force
48 Straighter
49 Chase-away word
50 Bear's pad
51 Loosen
52 Somewhat (2 wds.)
54 Libretto feature
55 Outlaws
56 Break
58 HMO staffers
59 Somber evergreen



metro.us/sudoku

easy

9		1			4			5
			8				7	
	3	6	2		9	1	4	
				9		4		1
				4				
1		8		7				
	7	4	5		1	3	8	
	6				3			
3			4			6		2

hard

5		1		3		8		9
	8							6
		9	7					
	5	7	6		1	2		
		8				4		
		2	5		3	9	6	
					7	6		
7							4	
2		6		9		7		5

metro.us/horoscopes

Aries Communicate and get your point across in order to forge a clear path to victory. Partnerships will need adjustments, but once boundaries are set, the sky is the limit.

Taurus You'll learn more if you step back and watch what others do. Engage in collaborative discussions to get a better sense of what's expected of you.

Gemini You'll be disappointed if you rely on someone to help you. Set your goals and work diligently on your own if you want to receive the recognition you deserve.

Cancer Express your feelings and use your imagination to come up with new ideas. Partnerships will depend on both your generosity and your moderation.

Leo Look inward and size up your personal and professional situations. Consider your options and prepare to make a move that will add to your financial security.

Virgo Before you ask for something, make sure you know exactly what's expected of you. You don't want to be beholden to anyone. A partnership looks promising.

Libra Personal problems will escalate if you or someone you love is neglectful. Tend to matters affecting your home, family or loved ones to avoid uncertainty.

Scorpio Investments will pay off. Honing your skills and making residential moves or changes are favored and will improve your financial position and emotional well-being.

Sagittarius Avoid anyone trying to bait you into a dispute. Alterations to the way you look or live will bring the highest rewards. Work alone and avoid interference.

Capricorn Experience will help you handle anyone who is offering something suspicious, or using pressure to persuade you to get involved in something questionable.

Aquarius Move forward passionately and with the intent to make progress. Use your connections and your physical drive and courage to find success.

Pisces Make positive changes that will help you as well as those around you. Focus on domestic and community improvements. Make a difference. EUGENIA LAST

Yesterday's answers

A	R	C	H		F	L	O	E	S		P	A	I	D
H	O	B	O		R	A	L	L	Y		R	U	N	E
A	M	E	N		I	S	L	E	S		O	D	I	N
B	E	R	E	T	S		A	C	T	I	V	I	T	Y
			Y	O	K	O		T	E	R	I			
P	A	R	S	N	I	P			M	A	S	H	E	D
O	W	E		I	N	E	P	T		N	O	I	R	E
L	A	B			G	R	E	E	T			K	O	P
L	I	A	R	S		A	T	A	R	I		E	D	O
S	T	R	E	E	T			M	I	N	A	R	E	T
			V	A	I	N		S	A	G	S			
S	P	L	E	N	D	O	R		N	E	C	T	A	R
C	O	E	N		B	R	I	N	G		E	R	I	E
A	G	O	G		I	M	P	E	L		N	O	D	E
R	O	S	E		T	A	S	T	E		D	Y	E	D

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